
N.C.S. --CC--> RANKINGS

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THE SEASON has started in earnest. Once again the trails and parks are cluttered with young runners laboring to improve, to excell, to merely survive. From the fleetest varsity runner to the most trudge-weary rookie JV, all are involved with finding out just how much they will commit themselves to the total abandonment that is real running. Once a runner works past the comfort zone and finds that his or her limit has not been reached, but rather extended, we now have a true believer. This is what cross country is about.

BUT PHILOSOPHY ASIDE the chase is on in full stride. At the end of the season lies the championship phase of league meets, sectionals and the big kahuna at Mills in November. But now we are embroiled in determining how each team unfolds and shows its personality and mettle.

DIVISION I (1516 +)

Girls 1. Carondelet 2. Montgomery 3. Santa Rosa 4. James Logan 5. Washington

Carondelet is on a serious mission this year. This week they dismantled the Mission San Jose team which features the remarkable Reidy twins. Carondelet's Kristen Gordon beat them both in a stirring preseason race. Pamela Richardson is finally a senior, and leads a strong Montgomery team which beat Santa Rosa in an early scrimmage. The outstanding talent of Julia Stamps will be leading the Santa Rosa team this year, as California's best runner has improved over last year. James Logan tends to run incomplete much of the early season, but has Senhit Dirar doing well up front while the rest of varsity is seasoning themselves in the shorter races. Jack Marden Jr.'s switch to Washington presages some good things. They looked good against Moreau in early scrimmage action. In individual action, Antioch's Angela Iriarte is ready for a quality season.

Boys: 1. Santa Rosa 2. Montgomery 3. James Logan 4. Alameda 5. Berkeley

Peter Egerton and Zach Barrett return to be quality front runners for Santa Rosa, and add 800 specialist Ben VanderHeuvel to join them in the front of races. They combined for a convincing senior boys victory at Montgomery High's Viking Opener Invitational. Montgomery is never out of any picture, and even with lead returnee Toli Au sitting out an injury, showed impressive forsh-soph strength their own invite. Logan's large squad is producing results, and they snagged an 8th at the Monte Vista Invitational behind some tough competition. Chad Foster and Ishma Ashmatey do upfront duty for them. Alameda is new to Division I, and is part of the overall move in our section to get two representatives to the State Meet. Ermias Yohannes is their #1. Berkeley is an unknown here, but BVAL action with Antioch should sort this out.

DIVISION II (1140-1515):

Girls: 1. Mission San Jose 2. Castro Valley 3. Monte Vista 4. Moreau Catholic 5. Eureka

Mission is a team with remarkable potential. Elissa and Lorii Reidy, even though beaten by Carondelet's Kristen Gordon in preseason meet, still put out a punishing pace. Jennifer Knowlden provides a close third. And Jack Marden Sr. has all season to get a back pack into place. Castro Valley's Jennifer Ewing took a 4th at Monte Vista, and an injury depleted team still squeezed out a 5th. Monte Vista leads with the talents of Kelly Hillman. Moreau is showcasing their freshman leader, Lisa Gillis, and has a large squad behind her.

Boys: 1. DeLaSalle 2. Eureka 3. Castro Valley 4. Mission San Jose 5. Monte Vista

The mighty Spartans roll on undeterred. Livermore beat them by only 12 points at Monte Vista. Sophomore Tom Prindiville and junior Randy Maestretti lead this close-packed squad of youngsters. Eureka seems to have added Adam Gubbs, according to my Viking Opener results sheet. Along with Kevin White and Adrian DeWald this trio is quite strong, runaway winners of the junior boys race at Viking. Castro Valley beat Mission by a point, but sagged to 9th place at Monte Vista. Sophomore Shane DuFaney does the duty in front for the Trojans. Mission San Jose has senior Amandeep Singh at the fore. Monte Vista, with Martin Beggs leading, was 10th on their home course in their own invitational.

DIVISION III (705-1139):

Girls: 1. Clayton Valley 2. Northgate 3. Granada 4. Bishop O'Dowd 5. College Park Watch out for: Amador Valley, Acalanes

Ron Silveira has his Eagles lying low. Their rumored debut is at the Oakland Invitational this weekend. The combined excellencies of Heather Morgan, Kelly Howisey, Gretchen Vanderlip and the Osteen twins should be truly impressive. Aislin Lambert leads a very tight Bronco squad. They easily took the Ed Sias title, and

dispatched Castro Valley with little problem. Granada has Marisa Daniel to lead things, and a surprise 4th at Monte Vista coens some evas. O'Dowd stilll has Nicky Saleta and Rosa Terrazos, but has not yet filled out the rest of the equation. College Park did welll at their own Ed Sias invite in nabbing 5th.

Boys: 1. Livermore 2. Amador Valley 3. Granada 4. Bishop O'Dowd 5. Clayton Valley Skulking in the wings: Clayton Valley

Livermore is even better than last year, and with only NCS 3200 champ Steve Immel a senior on varsity, is definitely in the midst of a minor dynasty. Undefeated this year, they beat DeLaSalle, Bellarmine and St. Ignatius to take the Monte Vista Invite. Amador is a tough, tight squad this year. Matt Hunnicutt and Dean Truehoft lead the Matador forces. Heinar Urrutia is the frontrunner for Granada, which popped a good team race at Monte Vista with a 6th place. O'Dowd had Alex Tekell as their ace, and a developing team behind him. Mike Wojciechowaski will be leading the Clayton Eagles this season.

DIVISION IV (1-704):

Girls: 1. Ursuline 2. Miramonte 3. Arcata 4. Branson 5. Terra Linda on the brink: Piedmont, College Prep, University, Terra Linda

Somehow Ursuline attracts/produces a never ending stream of underclaswomen to bolster their large veteran squads. This year it is freshman Sara Halias who teams up with senior Megan Canova to lead an impressive large and quick squadron. Miramonte counters with State Champ Kristen Schreiber and veteran Shannon Nohr. They took third at Ed Sias. Arcata returned the entire lot from last year's team. Arcata returns everyone and is the returning Del Norte League power. Branson has Kim Reynolds and a good sized bunch. They were impressive in a BCAL pre-season scrimmage.

Boys: 1. Cardinal Newman 2. St. Mary's 3. Arcata 4. Terra Linda 5. Miramonte

Cardinal Newman is coming on this year. They have a tight-knit pack, currently led by Phillippe Melin. St. Mary's did very well at Ed Sias getting second to Amador Vallley. JonEvan Hornsby leads the troops. Arcata has one of the sections's top runners in Cody Clark-Thompson and a solid program. Terra Linda cropped up big time at Viking. Robin Pendoley is the leader here. Miramonte took fifth at Ed Sias.

OVERALL:

Boys: 1. Livermore 2. DeLaSalle 3. Amador Valley 4. Santa Rosa 5. Granada 6. Bishop O'Dowd 7. Eureka 8. Cardinal Newman 9. James Logan 10. Castro Valley

Girls: 1. Clayton Valley 2. Carondelet 3. Mission San Jose 4. Northgate 5. Montgomery 6. Ursuline 7. Granada 8. Miramonte 9. Arcata 10. Castro Valley

THANK YOU for all your cards and letters. I am receiving much information, and my sources are reliable and prompt. Let's hope that I can be so too.

THOSE OF YOU in the greater East Bay region, check out the column on cross country Wednesdays in the Alameda Newspapers Group papers. After 5 years of inundating every sports desk in Northern California with stuff, we now have legitimate rankings and coverage on a par with prep football. This is great. Now if we can get more papers to commit to consistant coverage, we'd have conquered a long-time nemesis.

LET ME KNOW if you have any additions, bellyaches, corrections, gripes etc about our noble sport. Call H: 945-8869 after 9:00 p.m., or write c/o Castro Valley High School 19400 Santa Maria Avenue, Castro Valley 94546 or fax 510-582-3924.